



Acceptance- Potential Discussion Questions

1. The term acceptance can be misunderstood. It means acknowledging that you have a chronic condition and then learning to adapt. It's not giving up finding treatments nor is it losing hope. What do you think of acceptance? What does it mean to you?
2. What are some ways you can actively improve your quality of life given your current pain and/or illness?
3. Self-compassion is very helpful as we work through acceptance. Do you find it difficult to be kind to yourself? What are ways you show yourself compassion?
4. Do you look at your body as an enemy working against you? Or do you think that your body's doing the best it can with the challenges it has?